

diabetes

Get help to manage your diabetes.

Diabetes can make daily life a real challenge. Now you have a personalized program to help you manage some of your condition – CIGNA Well Aware for diabetes.



make a
personal commitment
to your health

What is CIGNA Well Aware for diabetes?

- This confidential, free program provides personalized support and information for people with diabetes.

How does Well Aware help me manage my diabetes?

We will help you:

- Understand how lifestyle changes like exercise and diet can help you control the severity of your diabetes.
- Learn how to monitor your blood sugar levels and the level you should be aiming for.
- Remember to get important preventive screenings such as A1C tests, a yearly retinal eye exam, and periodic foot exams to help you avoid medical complications.
- Recognize when your symptoms are getting worse, and when you need to see your doctor.
- Learn about different diabetes medications your doctor may prescribe.

What resources do I get with Well Aware for diabetes?

- Phone access to nurses who specialize in diabetes, 24 hours a day, 7 days a week.
- A personalized plan to help you improve your health.
- Workbook with information and charts to help you track your progress.
- Support from other specialists, including nutritionists.
- A quarterly newsletter featuring articles on diabetes-related topics.
- Assistance with gum disease if you have CIGNA dental benefits.

Where can I get more information about Well Aware for diabetes?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan. Ask if you are eligible for assistance with gum disease.



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